

# STUFFED COURGETTE

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## Ingredients:

- 4 small courgettes
- ¼ kilo minced beef
- Bechamel sauce (white sauce)
- 250 gr Fried tomato
- 200 gr Grated cheese (Parmesan type)
- 2 garlic cloves
- Olive oil
- 1 spoonful of margarine
- Salt & pepper



## Preparation:

Cut the courgettes lengthwise.

Empty them, leaving them as if they were “boats” and keep the meat.

In a frying pan with a little oil, fry the courgettes slightly, seasoning with salt & pepper, until they soften.

Fry the minced beef together with the meat of the courgettes & the two cut garlic cloves.

With the aid of a mincer or blender, slightly mince the beef, courgettes and garlic, return it to the pan, add salt & pepper as you like and add a bit of fried tomato, boil for a few moments.

Fill the courgette “boats” and place on a baking tray previously greased with butter or margarine.

Add on top the béchamel sauce and sprinkle with the grated cheese.

Insert in the oven, preheated at 180°C. Bake for approximately 20 minutes; if possible use the grating function for the last 5 minutes.